



Master Your Life!

October 2004

Dear Partner,

I pray that you are seeing more increase and rewards in your life due to your diligence and faithfulness towards God. What usually determines how your day goes? How you *"feel"* like acting or how you *"know"* you should act? Do you realize that you are the master of your emotions, feelings and moods? Although circumstances change, we don't have to allow them to change us in a negative way. It is SO important to focus on making sure we control and master our emotions, because **most of the time**, we do whatever we feel; and **what we do becomes our life**. Many men may think that emotional issues are for women only. Not true. There are many men (and women) in the Bible that made mistakes because they made a decision on how they felt instead of what was right. Emotional imbalances such as depression, oppression, stress, anxiety, rejection, jealousy, fear, anger, frustrations, guilt and shame are all unhealthy both spiritually and physically. Notice, these things that I listed are all things that we *"feel"*. I heard a Christian doctor say that some anger levels and stress levels affect our bodies just as high blood pressure and high cholesterol would.

As a born again Christian, we should not allow situations and people to affect us the same as they did before we got saved. We have the Spirit of God living inside of us to help us. Always remember this, (the blood of) Jesus did not defeat our flesh nor our ability to have feelings. Jesus defeated the devil which gives us authority over our feelings. (Luke 10:19) (Romans 6:12-17)

People who are led by their emotions are not reliable. Make a quality decision to be led by what you know and not how you feel. Emotions don't keep commitments decision do. There may be times when Pastor Harold is tired and doesn't *"feel"* like getting up early on Sunday mornings to prepare to teach, but he *"makes a choice to do"* what is right. Those of you who are mothers know that you do not *"feel"* like getting up at 3:30 am to feed your baby, but you *"make a choice to do"* what is right. Many of you don't *"feel"* like getting up in the morning to go to work. But you *"make a choice"* to. **What is dictating your choices in life?** In your marriage? In your family? On your job? In your church? Do you decide to get in debt for someone or pay someone else's bills because *you "felt" sorry for them* **OR** are you allowing your choices and decisions to be made by the wisdom and peace of God? It's okay to help people and bless them, but you must go by the Word (Wisdom) and Peace of God. (Read **Proverbs 22:26-27**)

I believe that 99.9% of the time, when people go by their feelings instead of their inner peace, this usually leads to making mistakes. Think about all those people that you hear about losing money to phony businesses and gimmicks. Most of them went by their feelings instead of their inner peace.

Please read the entire chapter of **Genesis 27**. When you read the chapter you'll see that Isaac sensed that it was not the right son that he was about to bless, but he ignored what he was sensing and went by "what he felt". (**Genesis 27:20-30**). If you read **Genesis 25** starting at **verse 19**, you'll see that Esau gave up his birthright because of how he was "feeling" at the time.

How do I control and master my life you ask? By controlling your emotions. By controlling how you feel. The things that I mentioned at the beginning of the letter like depression, rejection, etc. all do not start as feelings first. They start with thoughts. Because we have the mind of Christ (**I Corinthians 2:16 AMP, KJV**), we CAN control what we continue to think about. If we had no control over what we think, **Philippians 4:7-8** would not tell us what to think about. Know that **God is concerned** about your mind, your thoughts and your feelings. **Philippians 4:9** tells us we should do and apply what we've learned. When we do, the peace of God will be with us.

Take control of your thoughts (**Romans 8:6**). Always remember you CAN NOT control everything and everyone around you, but YOU CAN CONTROL YOU! Don't make decisions by your emotions, make decisions using the Word of God and the inner peace that you have. **"Let your emotions subside, THEN decide."** That's good wisdom to live by.

In His Love,

Deirdre S. Council
Co-Pastor

Ministry Update

- ◆ We'd like to wish Pastor Harold a HAPPY 35th BIRTHDAY this month!
- ◆ Pastor Harold and Deirdre would like to wish Deirdre's grandmother (Mildred) a HAPPY 97th Birthday!
- ◆ **ECCI will be celebrating our 2nd Church Anniversary on Sunday, November 14, 2004. Make plans to join us for this special day. During last year's service, many people were blessed by the power of God. We are expecting MUCH more this year! Don't miss it!**